

## **Yoga Nidra Deep Relaxation**

**Shae Bryant & Kim Eisner**

**August 15, 1:00-3:00 pm \$20**

**Yoga East (2226 Holiday Manor Center on Brownsboro Road)**

**For more information please call 502-425-5415**

Enter a profound state of relaxation in which you are able to descend into deep levels of consciousness. Learn how to transform your life. Change negative habits and thoughts into positive, life-affirming behaviors. Tap into your own creative potential. Re-discover how to meet life's challenges with enthusiasm and courage.

### **What is Yoga Nidra?**

The word "nidra" means sleep, but this is not ordinary sleep. This is yogic sleep, entering a profound state of relaxation in which you are able to descend into deep levels of consciousness and unlock your inner strengths. Learn how to transform your life. Change negative habits and thoughts into positive, life-affirming behaviors. Tap into your own creative potential. Re-discover how to meet life's challenges with enthusiasm and courage. Yoga Nidra holds the key. Yoga Nidra is based upon the ancient tantra techniques of nyasa, bhuta shuddhi, and meditation using dharanas. Laura Spaulding has studied these teachings both in ashrams in India and in the U.S., and studied Yoga Nidra with Maja Trigg (founder of Yoga East) and Di Kendall (past president of The British Wheel of Yoga).

### **What to Expect**

This class is like a one-hour guided relaxation. No yoga experience is needed. Participants must be able to lie quietly on the floor, listening to the teacher's instructions. The class begins with a soothing series of easy yoga postures that prepare the body for deep relaxation.

### **What to Bring**

Bring a regular bed pillow and something to lie upon such as a comforter, quilt or sleeping bag. You can also bring a blanket for covering and an eyebag. Wear comfortable, non-restrictive clothing.

### **Who Can Practice Yoga Nidra?**

You must be able to lie quietly on the floor for an hour, listening to the teacher's instructions. Yoga Nidra is not appropriate for children under 12, individuals who cannot lie still on the floor, who have a seizure disorder, restless leg syndrome, active lower back discomfort, or are beyond the first trimester of pregnancy. Do not attend if you have a cold or sinus problems that cause coughing, sniffing, sneezing or sinus drainage.

### **Yoga Nidra Class Etiquette**

Arrive early for class to register and set up your space. Latecomers will not be admitted. If you are hard-of-hearing you should position yourself near the front of the room. Turn off cell phones, watch alarms and pagers. You must be able to lie quietly on the floor for an hour, listening to the teacher's instructions. Yoga Nidra is not appropriate for children under 12, individuals who cannot lie still on the floor, who have a seizure disorder, restless leg syndrome, active lower back discomfort, or are beyond the first trimester of pregnancy. Do not attend if you have a cold or sinus problems that cause coughing, sniffing, sneezing or sinus drainage.